## Mercer County Ice Skating Center General Information

The Mercer County Park Commission would like to welcome you back to an exciting new ice skating season. Cathy Adamoyurka will be returning for her 19<sup>th</sup> season as our Ice Skating Program Coordinator & her 24<sup>th</sup> season of teaching at our rink. Paula Shomer will also be returning for her 19<sup>th</sup> season as our Assistant Program Coordinator. Once again Cathy, Paula & their instructors will be offering both private and group lessons on Saturday & Sunday mornings and on Thursday evenings starting in January. Hockey lessons on Sunday mornings.

#### **Program Goal**

The Learn to Skate Program is a five-week course designed to teach the basic skills of skating. All Learn to Skate Programs include class time and additional practice time. The students are divided into groups based on their age and skating ability.

## **Proper Attire**

Helmets required for ages 6 and under Gloves or mittens One pair of socks Warm layered clothing Non-restrictive clothing

## **Private Lessons**

Private and semi-private lessons are available on Saturday and Sunday mornings between the hours of 8:30AM and 12:45PM and on weekdays upon request. Private (one-person) lessons are \$20.00 and semi-private (two people) are \$24.00. Both private and semi-private lessons are 20 minutes in duration.

RINK ADMISSION FEE IS NOT INCLUDED IN THE FEE FOR PRIVATE LESSONS

#### 2009 Rate Lesson Schedules

Junior Group lce Hockey **Freestyle **Footwork ** Discount to student taking two	\$55 \$85 \$60	
**Freestyle **Footwork	\$60	
**Footwork		
	<b>\$</b>	
** Discount to student taking two	\$60	
classes within the same session (applies to freestyle & footwork only)	\$95	
	• • • •	
Private Lessons (1 person/20min) \$20.00 Semi- Private (2 people/20min) \$24.00		

#### **Group Lesson Cost Includes**

Five classes per session Saturday & Sunday 1hr practice session plus a ½ hr class Thursday evening ½ hr practice session plus a ½ hr class

Skate Rentals......\$2.00 Group Lesson skate rental discount card available at front window (5 for price of 4)

# THERE WILL BE NO REFUNDS AND A \$30.00 SERVICE FEE FOR NSF CHECKS

Any Questions?
Please Call Cathy or Paula
609-371-1669 - Ext 3
email Paula : Loveyshomer@aol.com

# **Application**

Mail lesson registration and other inquiries to:

# Cathy Adamoyurka 205 East Watson Avenue Langhorne, PA 19047

#### PLEASE PRINT CLEARLY

First Name	Age
Last Name	
Address	
City	
State ZIP_	
Phone	
Email	
Class level	
Amount Paid	
Emergency contact	
PLEASE CIRCLE YOUR P	PREFERENCE
Session Requested 1 Saturday class / Sunday class MAKE CHECKS PAY CATHERINE ADAMO	/ Thursday class ABLE TO
IMPORTANT HELMET REQUIRED FOR AGE	
As the student or the parent/guardian of the (We) intend to be legally bound and agree rules and regulations set forth by the Mer Center and Catherine A. Adamoyurka & (It to hold harmless, indemnify and defend the Skating Rink and its instructor and staff for damages to student or equipment.	he registered student, I e to (A) abide by all the rcer County Ice Skating B) hereby further, agree the Mercer County Ice
Student (if of legal age) or Parent/0	 Guardian Signature

# Skating Lessons Schedule Five-Week Course

Pre-registration is strongly recommended either by mail or in person

#### **Dates & Times**

#### **Session I Registration**

Saturday & Sunday, November 7th & 8th 9:00- Noon

#### **Classes Begin**

Saturday & Sunday, November 14th & 15th

#### **Session II Registration**

Saturday & Sunday, December 19<sup>th</sup> & 20th 9:00- Noon

#### **Classes Begin**

Saturday & Sunday, January 2nd & 3rd Thursday evening, January 7th

#### **Session III Registration**

Saturday &Sunday Jan30th &31st 9:00 - Noon

#### Classes Begin

Saturday & Sunday, February 6th &7th Thursday evening, February 11th

## Freestyle Schedule

## Saturday & Sunday

8:00am - 8:45am (Freestyle for skaters FS1 or higher) Saturday only 12:00pm-12:45pm

## Thursday (Starting January 7th, 2010)

5:30PM-6:30PM 7:30PM-8:45PM

Freestyle cost \$7.00 per session SATURDAY & SUNDAY

#### **Class Schedule Levels and Times**

Schedule subject to change

## 8:00AM - 8:45AM

Freestyle Session -

Practice for Delta and FS skaters

#### 8:45AM - 9:15AM

Footwork stroking, edgework

#### 9:15AM - 9:45AM

Freestyle jumps, spins
Delta edges, bunny hops, lunges
9:45AM - 10:15AM

Beginner Tots (4-5) never skated
Beginner never skated
Beginner Adults never skated
Advanced Tots passed beginner tots

#### 10:15AM - 10:45AM

Advanced adult passed beginner Pre-alpha passed beginner

#### 10:45AM-11:15AM

Alpha forward crossovers, stops

#### 11:15AM-11:45AM

Beta Backward stroking & crossovers Gamma mohawks, three turns, stops

## SUNDAY ONLY!!!!

#### 11:45AM-12:45PM

Learn to Play Hockey- The class is 60 minutes of instruction & skaters will learn the fundamentals of ice hockey & skating skills necessary for playing hockey

#### **Required Equipment:**

All students must have their own hockey skates (No figure skates), helmet, stick, puck and shin / knee / elbow pads.

\*\*Note: All players must pass Pre Alpha

## Thursday Evening Class Schedule

6:30PM-7:00PM-Beginners & Pre Alpha 7:00PM-7:30PM-Alpha, Beta, Gamma, Delta & Freestyle

(Classes start January 7th, 2010)

# Mercer County

Ice Skating Center Learn to Skate Program

Mercer County Park West Windsor, New Jersey (609)371-1669



Brian M. Hughes County Executive

Kevin B. Bannon Executive Director

Drew Worek President

Cathy Adamoyurka Program Coordinator